

Eccentric Circles

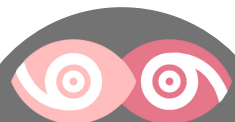


To be able to perform this exercise with the eccentric circles correctly, a series of steps must be followed (1/2)

- This series of exercises is designed to be printed or performed from the computer screen.
- When we print the PDF with the eccentric circles, we will use scissors and cut along the line to separate the two targets.
- We will place the two cards a little bit separated from each other and fix them on vertical support (wall, ceiling, fridge, etc.). If the size of the cards is small, we can also hold each one with a hand away from us. The room must be well-illuminated.
- We will position ourselves in front of the eccentric circles and not set a distance, as this will depend on the size of the eccentric circles and our current level. So we can change the distance between the two targets or get closer or farther apart from them.
- At first, we can help ourselves using the tip of a pencil and holding it in front of us, positioned between our eyes. We can also bring the pointer closer to our nose to correct our focus and make the fusion easier.

It is important to be patient and not to despair if we do not manage to see it the first time. It is a process that takes time, and each person is different, so some will see it sooner than others. The important thing is to keep trying and maintain motivation.

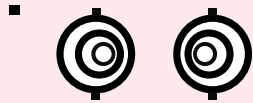
- We recommend that your trusted optometrist be the one to assess whether these visual exercises are suitable for you or your family before you can perform them.



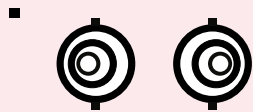
To be able to perform this exercise with the eccentric circles correctly, a series of steps must be followed (2/2)

What is the objective of an exercise with eccentric circles?

- The objective: To merge the 2 pairs of circles into 1. And once we achieve this, we will see 3 circles. However, only ONE central one will be seen clearly.
- Aside from seeing the central circle clearly, we will observe depth perception: depending on the position of the cards. In one case, we will see a cone that goes inside the paper or screen (away from us); in the other case, we will see the cone that comes outside the paper or screen (as if toward us).
 - **If the cone seems to go away from us:** We observe that the larger circle is closer to us, and the smaller circle is farther away.



- **If the cone seems to come towards us:** we observe that the larger circle is more distant and the smaller circle is closer.



- The position of the different elements will change the perception of their depth.
- A good example is shown on page 13: we have 3 pairs of green apples, observe the apple's position and see how its position changes in relation to the rest of the elements.
- Having a variety of eccentric circles is helpful as they can help motivate us to continue practicing much more, and we wanted to share some of our eccentric circles.



